

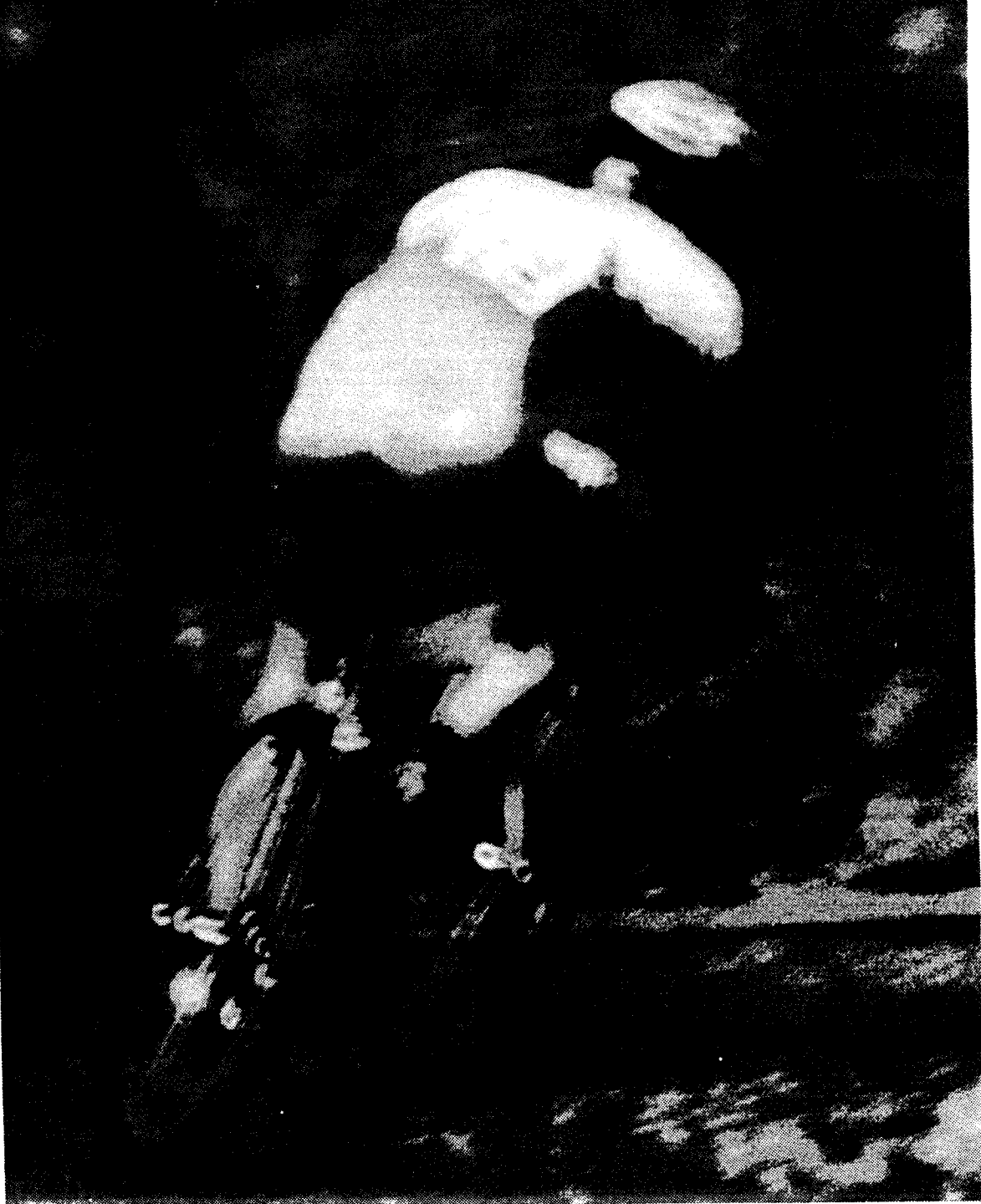
January
1999

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NYCC Bulletin™

**GREAT NEW MEETING LOCATION!
SEE THE BACK COVER FOR DETAILS!**

**He's Racing To Renew
His Membership - Have
You Renewed Yours?**



President's Message

by **BEN GOLDBERG**

To tell the truth, it is with substantial trepidation I assume the role of club president. I have a demanding job, a wife and three children, and five bikes to care for. Why am I doing it? Well, the club has given me such pleasure in the 5 years I've been a member and I've so enjoyed the two years I've been on the board, continuing to be involved in the operation of the club seems the right thing to do. We'll see how it goes!

I'd be remiss if I didn't thank our departing board members for the wonderful job they've done. During the tenure of Dona Kahn and Joel Englander as directors of membership and programs, our roster expanded to over 1400 members - an all-time high. My thanks also go to Ludwig Vogel for performing the Herculean task of bulletin editor, Charlie Katz for handling the club finances and providing consistently good advice to the board, Tom Laskey and Bernie Brandell for the thankless but crucial job of finding ride leaders each month, and Douglas Riccardi, who survived several years as bulletin editor and was still willing to stay on the board as director of public relations. Finally, a special note of thanks goes to C.J. Obregon, our secretary, and by far our longest serving board member.

It's my great fortune that Gene Vezzani, who did an absolutely fantastic job as president for the last three years, will continue to serve on the board in the ex-officio position of Past President. I cannot possibly hope to match his dedication of time and energy to the club. I can only try to match his dedication of spirit.

The new board will be great as well. There's a wealth of club experience, epitomized by long-time club and former board members Geo Kaplan, Jeff Vogel, Jody Sayler, and Karin Fantus. There's also fresh new blood on the board in Laurie Nisco, Ira Mitchneck, Rob Kohn, Beth Renaud, and Lynn Sarro. I'm delighted and thankful two hard-working members of last year's board, Gary McGraime and Anne Grossman, have been kind enough to serve on the new board.

If there's any single aspect of the club I would like to focus on, it's in promoting among our members the simple act of getting on a bike and riding. We need a larger pool of dedicated ride leaders and, to be honest, more of our membership to turn out for club rides on a regular basis. Gene and the old board had taken a number of steps in that direction with great leader incentives (stay tuned) and ride listings by email. We'll keep working to make rides more attractive and interesting to our members so our ridership grows even faster than our membership.

Finally, I'm looking for good ideas from everyone in the club. Please feel free to call me or, even better, contact me by email (goldberg@cs.nyu.edu).

See you on the road!

JOSEPH MENDEZ

Long time members of the New York Cycle Club (anyone who was riding before 1997) will remember Joey Mendez. Everyone knew him as "Joey with the mountain bike." Joey was a long-time member of the NYCC and a well-respected member of the cycling community. He died on November 24, 1998.

Let's honor Joey's memory by bringing to every club ride at least one of the characteristics for which we'll all remember him: his ability to always keep up on a mountain bike no matter how fast the A-Ride went, his bulging biceps, his gap-toothed smile, or his impeccable riding skills and gentlemanly demeanor.

The NYCC sends its deepest sympathy to his family and friends. Joey, we'll miss you.

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Submit copy via e-mail or 3.5 inch diskette plus hard copy. Advise operating system, software, phone number, and email. Material may be edited for length and clarity. A full page of text is 750 to 1,090 words. Publication is determined by available space. We cannot guarantee that all submissions will be published. Submission is contributor's warranty to the NYCC that material is in no way an infringement on the rights of another and may be published without additional approval.

Deadline: All submissions and advertising are due the day of the Club meeting of the month prior to publication.

VISIT OUR WEB SITE:
<http://www.wnyc.org>

Club Rides

RIDE LISTINGS: To lead a NYCC ride next month and list it in the bulletin, contact the Ride Coordinator (see page 2) for that ride class on or before this month's club meeting date.

BEFORE YOUR FIRST RIDE: Please read about club rides on page 11.

ALWAYS WEAR YOUR HELMET. NO HEADPHONES.



Unless otherwise stated, precipitation at starting time cancels the ride.



Friday, January 1

A19 100 MI 9:00 AM New Year's Century

Leader: (The rider formally known as) Steve Ullmann (212) 473-1897.
From: The Boathouse.

This will be a moderately paced ride to Bear Mountain, via some back roads up, and 9W back. Start your new year off with a nice round number on the odometer. Roads must be dry, temperatures above 30 degrees, winds manageable. Call leader to confirm up to 8 a.m. the morning of the ride. Bring what will be necessary to sustain you.

A18 55mi 10:00am Annual New Year's Day Ride

Leader: Marty Wolf (212) 935-1460.
From: The Boathouse.

"Start the New Year Right" classic ride. A chance to get off to an easy paced start. Brunch in White Plains at the Sea Star Diner. The obvious cancels.

B16 30MI 10:00am Annual Knish Special

Leader: Beth Renaud (212) 274-9463.
From: City Hall.

Once again, it's time for the annual ride to Brighton Beach to stuff knishes down your gullet. With some luck, temps will be over 20 degrees (last year) so come ready to cruise through Brooklyn at a moderate pace and dress warmly enough to sit on the boardwalk for at least five minutes. 9:00 AM temps below 30 degrees cancel.

Saturday, January 2

A19+ 70 MI 9:00 AM Winter Stay Fit Series #2

Leader: Peter Sekesan (718) 417-3510.
From: The Boathouse.

Come out every Saturday and help me stay in shape through the winter weeks.

We'll be riding 9W to Rockland Lake and back to Nyack for lunch. 9W is a great workout. Rain, snow and temp below 25o cancel.

B17+ 40+/- MI 10:00 AM Ten-To-One Express

Leader: Karl Dittebrandt (212) 925-9854.
From: The Boathouse.

Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a diner stop at the Cliffside. Fixed gear bikes encouraged. If you're late, you lose. Temp below 32 cancels.

B16 45 MI 9:00 AM I Cover the Waterfront

Leader: Ludwig Vogel (212) 838-0852 or ludwig@bway.net.
From: The Boathouse.

Experience the most panoramic view of Manhattan. A loop across the

GWB and south along the Jersey Coast will bring us to the area's best Polish food. After our cultural experience, we'll head over the Bayonne Bridge to Staten Island where we'll circle around to the ferry for the best free lift back to Manhattan. **Helmets required.**

C13 30-35 MI 9:15 AM Coney Island

Leader: Scott Wasserman (914) 723-6607.

From: The Boathouse.

The past two New Years were too cold to ride so maybe global warming will show itself this weekend and it'll reach 70 degrees. The food stop will be Nathan's but I'll wait until Mrs. Stahl's for some knishes - much healthier than hot dogs. Precipitation or temps below 30 degrees at the start cancels.

C12 25 MI 9:00 AM Fauna/Flora Tour, Part. 1 of 2: Bronx Zoo

Leader: Alfredo Garcia (212) 802-2441.

From: Plaza Hotel, 59th St. & 5th Ave.

Most animals have some sense of the millennium but don't really care. They believe in the present and look forward to your visit. Recall good times with an Elephant. Match strides with a Walking Stick. Hitch your bike to a Star(fish). Bring bike lock, money for admission, snacks, souvenirs etc. Make sure your bike is in good working order and dress warmly for the season. Helmets required. Bad weather cancels. Co-led with 5BBC.

Sunday, January 3

A18 50+/- MI 9:00AM Only 141 Days until the Montauk Century!

Leader: Ben Goldberg (212) 982-4681.

From: The Boathouse.

In our minds, we'll be cruising along the Montauk Highway, wind at our back, 70 degrees and sunny. Perhaps we won't even notice that we're actually in Bergen County and our sensitive parts have frozen to our saddles! Temp below 25 degrees at 8am cancels.

B15 50 MI 9:30 AM Winter Thaw Pt. 1

Leader: By mutual consent.

From: The Boathouse.


Show up and elect a leader. May the best route win.

C12 25 MI 10:00AM Frostbite #5: Fauna/Flora Tour, Part 2 of 2: NY Botanical Gardens.

Leaders: Elly Spangelberg (212) 349-0406 and Alfredo Garcia (212) 802-2441.

From: Plaza Hotel, 59th St. & 5th Ave.

Memories of green. Join us on Elly's perennial trek to see robust and delicate trees, flowers and other plants. Smell the sweet aromas of spring (which is months away). Possible visits to Snuff Mill Cafe and renowned Haupt Conservatory. Take along a bike lock, have money for admission, lunch, gifts. Make sure your bike is in good working order and dress appropriately for the season. Helmets required. Lousy weather cancels. Co-led with 5BBC.



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C12 10 MI 12:00 PM Transit Museum

Leader: Don Passantino (718) 446-9025.

From: The Plaza Hotel (59th St. and 5th Ave.).

Catch all the trains you missed. Annual trip to NY Transit Museum to see vintage subway trains and exhibits. If the temperature is below 40 degrees, just meet at the Museum (indoors - it opens at 1:00) at Boerum Place and Fulton Street. Admission is \$3.

Thursday, January 7**A18 55+/- MI 10:00 AM Sick Day, Ride Day Winter Series #1**

Leader: Jill Tucker (212) 431-3029

From: The Boathouse

Was your winter resolution "I will call in sick more often?" If so, the Winter Series is for you. If not, I will help you develop new and creative excuses which will make you unavailable for work. Call after 8:30 am if weather appears inhospitable.

Saturday, January 9**A20 40-50 MI 9:30 AM Rivervale or Beyond**

Leader: Jim Modula (212) 663-1420.

From: The Boathouse.

Typical January weather means a little winter spin out to Rivervale to the bagel/pizza shop; warm temps will extend to Park Ridge. Please note 9:30 start time. The usual nastiness or temp below 35 degrees at 9:00 cancels.

B17+ 40+/- MI 10:00 AM Ten-To-One Express

Leader: Karl Dittebrandt (212) 925-9854.

From: The Boathouse.

Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a diner stop at the Cliffside. Fixed gear bikes encouraged. If you're late, you lose. Temp below 32 cancels.

B16 40 MI 10:00 AM Syosset

Leader: Jim Drazios (718) 225-1842.

From: The Statue of Civic Virtue (Union Turnpike & Queens Blvd - E/F trains).

Like last month, we'll play it by ear and see how far we want to go. Syosset Diner is a great warm-up spot and is strategically located for easy access to beautiful routes. Early return. Below 32 degrees cancels.

C13 20 MI 11:00 AM Over the River and Into the Woods

Leader: Alinda Barth (212) 928-5399.

From: The GW Bridge Bus Terminal.

A ride along River Road, for those of us who like a late start. We'll go back along 9W and have a late lunch at a diner. Poor weather and/or road conditions cancels.

Introduction to Club Riding and Effective Cycling Class Forming

Early next year, Irv Weisman will offer his traditional course for members who are relatively new to our sport and for those who want to increase their bicycling savvy, improve their traffic skills, and learn roadside adjustments and repairs.

He'll start with indoor presentations and discussions in early '99, and do our riding in April and May, after the winter nastiness abates.

The riding part of the program will emphasize bike handling, group riding, traffic skills, and touring - not racing skills.

Are you getting excited? Call Irv, the sooner the better, so he becomes aware of your interest and gets excited too.

Irv can be reached at (212) 567-9672.

Sunday, January 10**A21 45 MI 9:30 AM One Way to Skin a Cat**

Leader: David Thomas (212) 799-1897.

From: The Boathouse.

Let's try an experiment - a ride with no stops. A two-hour loop of Bergen County, then breakfast at a bagel shop at around Broadway and 110th Street. Temp below 35 degrees and/or helmet law controversy cancels ride.

A/B 40 MI 10:00 AM The Nathan's Expedition

Leader: Herb Dershowitz (212) 929-0787.

From: The Boathouse.

Annual ride to Nathan's in Coney Island. Dogs and fries. Vegetarians and mountain bikes welcome.

B17 50 MI 9:00 AM White Plains Express

Leader: Mark Bernstein (718) 833-6648.

From: The Boathouse.

This simple ride was enjoyed by all last time so we'll do it again, sans the big hill at the end. Back by 2:30. Temp. below 35 / rain at 0700 cancels. No silly calls the night before, please.

B15 40 MI 10:00 AM Scarsdale

Leaders: Hindy and Irving Schachter (212) 758-5738.

From: First Avenue and E. 64th St.

At this time of the year, a little later means a little warmer. We are heading for a warm cup of coffee anyway at the Coffee Tree in Scarsdale. We have an interesting route home. Please note that expected high below 45, rain or snow gently (or not so gently) falling, or ice and snow on the ground all mean that we sip caffeine at home.

C13 25-30 MI 10:00 AM Frostbite #6: Sheepshead Bay and Beyond

Leaders: Dick Goldberg (212) 874-2008 and Ed DeFreitas (5BBC) (718) 946-3227.

From: City Hall.

Enjoy lunch in Sheepshead Bay. Weather permitting, we may go as far as Floyd Bennett Field. Co-led with 5BBC.

Thursday, January 14**A18 55+/- MI 10:00 AM Sick Day, Ride Day Winter Series #2**

Leader: Jill Tucker (212) 431-3029

From: The Boathouse

Who's the toughest rider in the club? The leader requests you: 1) ride in the dead of winter; 2) use a sick day immediately after the New Year; 3) blow your nose without soiling others. Temp above 50 degrees cancels.

Saturday, January 16**A19 50 MI 9:30 AM Heads Required**

Leader: Mark Martinez (212) 496-5518.

From: The Boathouse.

No headless riders will be permitted on this ride. Period. Anyone leaving their head at home will be asked to leave this ride. We'll enjoy the Hudson River views from the top of Tweed before descending to the Blauvelt Coach for lunch.

B17+ 40+/- MI 10:00 AM Ten-To-One Express

Leader: Karl Dittebrandt (212) 925-9854.

From: The Boathouse.

Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a diner stop at the Cliffside. Fixed gear bikes encouraged. If you're late, you lose. Temp below 32 cancels.

HAVE YOU RENEWED YET? WHAT ARE YOU WAITING FOR?

B16 50 MI 9:30 AM Pearl River

Leaders: Laura Schwartz (212) 866-0209 and Suzanne Levin (718) 398-2649.

From: The Boathouse.

"I mean it—this year, I'm really going to ride all winter long." "As long as I keep moving, I don't even notice the cold." "It's depressing to sleep all morning." Bring your own well-intentioned lies to our group exercise in denial. Note civilized start time.

C14 30-35 MI 10:00 AM King's Point

Leader: Jim Drazios (718) 225-1842.

From: The Statue of Civic Virtue (E/F train to Union Turnpike).

A quick ride to King's Point. Hot chocolate or a coffee at Starbuck's and an optional deli stop. Return by 2:00. Temps under 32 degrees cancels.

Sunday, January 17**A19 60 MI 9:00 AM Only the Shadow Knows**

Leader: BYO.

From: The Boathouse.

And the shadows are long ones at this time of year, so follow them, and you're sure to end up somewhere. If the skies are threatening, they'll probably point back to your cozy abode.

B16 50+ MI 9:00 AM Not the Seven Delis Ride

Leader: Gary McGraime (212) 877-4257.

From: The Boathouse.

We'll take a direct route into Westchester and stop at White Plains for brunch. If the weather says yes, we'll head further north and explore the most rural roads and return via train. Bring pocket food and a Metro North pass. Helmets Required.

C13 25 MI 10:00 AM Frostbite #7: Alice Austen Museum in Staten Island

Leaders: Jose Diaz (718) 963-3781 and Ed DeFreitas (5BBC) (718) 946-3227.

From: City Hall.

Lovely historic house facing lower New York Bay. Mostly flat, some hills. Co-led with 5BBC.

All Class ~5 MI 7:40 AM Cross Training: Climbing Mount Taurus

Leaders: Marilyn and Ken Weissman (212) 222-5527.

From: Main Information Booth, Grand Central Station, for 8:00 AM train to Cold Spring.

Get R/T ticket. A non-technical climb—a steep footpath—to the summit of Taurus for fantastic views from South of the Bear Mountain Bridge to North of the Beacon Bridge: you're higher than Storm King and Breakneck Ridge. If there's snow on the ground or freezing temps, you may need creepers—about \$6-10 (call for info)—to safely negotiate the summit and some steep downhills. Wear boots and layered clothing. Carry water and food. Expected high below 20, rain, heavy snow or major snowfall the prior week cancel. Back in NYC about 5 PM.

Monday, January 18**A19+/- 50+/- MI 9:00 AM I Have a Dream**

Leader: Jeff Vogel (718) 275-6978.

From: The Boathouse.

I have a dream. It's 70 degrees and sunny. We're riding along a beautiful mountain/country/river road (you choose, it's a group dream). We're in a perfect paceline. We're sailing along with the wind at our backs, on our way to a gourmet lunch. Reality: It's an overcast 30 degree day. We're riding the same ratty paceline. We're fighting a head wind all the way to Nyack. After breakfast at the Skylark, the wind will surely turn around. Maybe we should keep dreaming.

**NO, REALLY, I MEAN IT.
IT'S TIME TO RENEW YOUR MEMBERSHIP.**

**New York Cycle Club Ski Weekend
February 12-15, 1999**

It has been a warm fall, but heavy snowfalls are predicted for this winter. By February, you'll want to get off your trainer and onto skis. So sign up for the annual Presidents Day ski weekend. This year we'll be staying in Londonderry, Vermont. We'll be very close to both downhill and cross country skiing:

- * 2 miles to cross country (Viking) and close to several other areas
- * 9 miles to Bromley
- * 14 miles to Stratton
- * 19 miles to Okemo

We are staying at Dostal's Resort Lodge; a full service hotel with a heated indoor pool, whirlpools, game room, lounge, bar and restaurant. The cost is \$259 per person (double occupancy). This includes 3 nights lodging, 3 full breakfasts and 2 dinners. You must provide your own transportation. If you are interested, call Reyna Franco at 212-580-5695. SPACE IS LIMITED so call today.

Thursday, January 21**A18 55+/- MI 10:00 AM Sick Day, Ride Day
Winter Series #3**

Leader: Jill Tucker (212) 431-3029

From: The Boathouse

Need more existential quality time? Who says cyclists are not contemplative folk? On this ride we will spend 55 miles asking ourselves such questions as "Who am I?" "Why do I enjoy riding with frozen toes?" "What do Runcible Spoon muffins mean to me?" Call after 8:30 am to contemplate the weather.

Saturday, January 23**A18 50 MI 10:00 AM New Year, Same Ol'
Gorgeous Ride**

Leader: Richard Rosenthal (212) 371-4700.

From: The Boathouse.

Up gorgeous and untrafficked River Road to Piermont. No Bradley, no Clauseland, no Tweed today. Come prepared to discuss the State of the Union. Temperature below 32 degrees, snow, or rain at 9:30 cancels.

B17+ 40+/- MI 10:00 AM Ten-To-One Express

Leader: Karl Dittebrandt (212) 925-9854.

From: The Boathouse.

Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a diner stop at the Cliffside. Fixed gear bikes encouraged. If you're late, you lose. Temp below 32 cancels.

B16 60+/- MI 9:30 AM Tour de Reservoir

Leader: Karin Fantus (212) 873-5559 BikeK@aol.com.

From: The Boathouse.

A perfectly beautiful time of year to circumnavigate a frozen Westchester reservoir or two. Weather permitting, we'll just eat cheesecake and take the train home from Tarrytown. Don't you just love winter? Metro North passes, please.

C13 26 MI 10:00 AM City Island Tour

Leaders: Maggie Clarke (212) 567-8272, Alinda Barth (212) 928-5399.

Meeting Place: GW Bridge Bus Terminal - 178th St & Ft. Washington.

City Island is like a New England fishing village tacked on to the east end of the Bronx. We'll get there via the flat, park-lined route, the North Bronx Bikeway, which has been around for about 20 years. Points of interest along the way: Bronx River Park, Pelham Bay (and the landfill), ending with a mini-tour of City Island itself. We'll eat lunch in one of the many nice restaurants, so bring money and a good lock. Cancellation conditions: starting temp below 35 degrees, excessive wind-chill, icy roads, or 50% chance of precipitation. Call the morning of the ride if in doubt.

Sunday, January 24**A20 65 MI 9:00 AM Springtime Sally**

Leader: Chris Audley (201) 876-9231.

From: The Boathouse.

This was supposed to be the fierce winter after the mild perpetual fall of El Niño. Well, mid-December is not looking so tough. Get on your bikes and enjoy what I predict will be a mild January. We'll charge to Park Ridge and dine (al fresco?) on pancakes and sausage. Temps below 25 or snow (yeah, right) cancels.

A18+/- 50 MI 9:00 AM Anywhere But Here

Leader: Todd Brilliant (212) 274-9463.

From: The Boathouse.

During this time of year, we should be happy to just get out of the city. Therefore, expect a slow spin to either Northvale or White Plains. The former, if it's sunny and the latter, if the weather is iffy. Bring your Metro North pass, if you've got one.

B16 50+/- MI 9:00 AM Microsoft Ride

Leader: Caryl Baron (212) 595-7010 or baronny@aol.com.

From: The Boathouse.

Where do you want to go today? A January thaw, and it will be over the river and through the woods to our usual haunts. A chancy day, and we'll stay within Metro North bailout distance and head for french toast in White Plains. Below 35°, stow the wheels and join me for a run.

C13 30 MI 10:00 AM Frostbite #8: Coney Island Dreaming

Leaders: Alfredo Garcia (212) 802-2441 and Ed DeFreitas (5BBC) (718) 946-3227.

From: City Hall.

In search of food, probably Tortoni's Pizza, rated the world's greatest. Co-led with 5BBC.

Thursday, January 28**A18 55+/- MI 10:00 AM Sick Day, Ride Day Winter Series #4**

Leader: Jill Tucker (212) 431-3029

From: The Boathouse

What good reasons can there be to cycle in the middle of winter? Perhaps less road kill to impede your progress? Fewer muggers waiting to relieve you of your bike? Temps so low as to inure you to the aches and pains of cycling? Remember, there are no right answers; any answer will do. Call after 8:30 am to question the weather.

Saturday, January 30**A18 50-70 MI 9:00 AM Pray for Sun**

Leader: Fred Steinberg (212) 787-5204.

From: The Boathouse.

Today, I'm going as far as I can based on weather, road conditions, etc. Northvale? Nyack? Fort Lee? Twin Donuts? You name it. Temperatures below 20 degrees, wind over 20 mph, rain, snow, icy roads cancel. Call leader by 8:45 if in doubt.

B17+ 40+/- MI 10:00 AM Ten-To-One Express

Leader: Karl Dittebrandt (212) 925-9854.

From: The Boathouse.

Leave late, get home early. Twenty miles north into NJ, then back to Englewood. All before a diner stop at the Cliffside. Fixed gear bikes encouraged. If you're late, you lose. Temp below 32 cancels.

B17 40-65 MI 9:30 AM Do We Still Have Legs...?

Leader: Moira McFadden (212) 721-5003.

From: The Boathouse.

...Let's go find out. Route depends on the weather, but a location with an indoor lunch will be provided. Rain/snow or temps below 40 at 9:00 AM cancels.

C13 40 MI 9:00 AM Why Brooklyn???

Leader: David Hallerman (718) 499-4467.

From: City Hall.

Why not? This basically hill-free cruise through quiet side streets and borough byways will take us south to the ocean, where we will probably not go swimming. Predicted high below 35 or rain cancels.

Sunday, January 31**A19 55-60 MI 9:00 AM Wherever You Go, There You Are**

Leaders: Penny Priddy and Perfect Tommy (800) YOYODYNE.

From: The Boathouse.

Now Buckaroo Banzai never did any crime-fighting on a bike, as far as we know, but he probably hasn't realized the cool factor of the sport's clothing and accessories. We'll rendezvous with Buckaroo and some of the Hong Kong Cavaliers out in New Jersey (perhaps near Grovers Mill?) to combat the evil Lectroids from Planet Ten and then eat pancakes and waffles. Oscillation overthruster optional.

B14/15 45+/- MI 9:15 AM Staten Island: Tottenville

Leader: Ron Grossberg (718) 369-2413 argee401@aol.com.

From: City Hall Park.

The Staten Island Ferry...one big hill...a warm place for lunch. What more could you ask for? Be there.

C13 21 MI 10:00 AM Frostbite #9: Under and Over the Hudson

Leaders: Alfredo Garcia (212) 802-2441 and Ed DeFreitas (5BBC) (718) 946-3227.

From: City Hall.

Take the PATH to New Jersey, then over the GWB for a ride along the shoreline. Lunch in the Upper West Side. Co-led with 5BBC.

Saturday, February 6**C13 30/40 MI 9/10 AM I Cover The Waterfront**

Leader: Gary McGraime (212) 877-4257 and Ludwig Vogel (212) 838-0852.

From: The Boathouse @ 9:00 AM and the GWB Terminal @ 10:00 AM.

A moderately flat ride along the New Jersey coast with fantastic views of Manhattan. We'll stop at the Yaohan Japanese Food Emporium for coffee or tea and bean pastries before proceeding south to experience the striking contrasts between urban sprawl and the natural meadowlands. Our group may stop for a photo opportunity before crossing the Bayonne Bridge to Staten Island. We'll follow the coastal road to the ferry terminal where we'll find a selection of food to bring on our "free cruise" to New York. Wet, ice or high winds cancel. Helmets required.

Sunday, February 7**A19 60 MI 9:00 AM Beyond White Plains**

Leader: Gary McGraime (212) 877-4257.

From: The Boathouse.

A steady spin and scenic miles deep into Westchester. It's a great time to invest, pending the weather, in exploring new routes for the spring. If we go too far, we'll return via train, so bring your Metro-North pass. Wet, ice, or strong winds cancel. Helmets required.

C13 25 MI 10:00 AM Frostbite #10: Ethnic Food in Astoria, Queens

Leaders: Alfredo Garcia (212) 802-2441 and Ed DeFreitas (5BBC) (718) 946-3227.

From: City Hall.

Ride out to Astoria to dine at Uncle George's Greek restaurant. We'll enjoy some outdoor museums alongside the waterfront before heading to Roosevelt Island. We'll take the tram back. Predicted high below 30 cancels. Co-led with 5BBC.



Awards for the best of ... were announced at the holiday party - however, we think a few were left out and are a hell of a lot more interesting. So here is our list of the "best of" for 1998 ...

1. Leader who finds the best lunch spots: Jeff Vogel
2. Best-looking male after a long ride: Doug Friemuth
Best-looking female after a long ride: Alinda Barth
3. Best rider to have on your ride for any type of emergency: Ed Fishkin
4. Best legs - male: Richard Song
Best legs - female: Reyna Franco
5. Nicest butt to look at on a long ride - male: John Eichholz
Nicest butt to look at on a long ride -

female: Suzanne Levin

6. Leaders most sensitive to bladder demands: Keith Goldstein and Anne Grossman
7. Woman who can pee in the woods without getting shoes and socks wet: Dona Kahn
8. Most likely to kick your butt up the hill when you least expect it- female: Kim Keleher
Most likely to kick your butt up the hill when you least expect it - male: Karl Dittebrandt
9. Leader with the best sense of direction: Karin Fantus
10. Leader with the worst sense of direction: Conrad Meyer
11. Heartiest eater at lunch: Lynn Sarro
12. Most likely to covet the unfinished food on your plate: Linda Wintner
13. Best kvetcher - male: Douglas Riccardi
Best kvetcher - female: Ellen Medins

14. Best helmet hair - male: Ed Sobin
Best helmet hair - female: Pat Thompson

15. Best coordinated with bike: Gary McGraime
16. Cleanest bike: Robert Colon
17. Most flats on a ride: Mark Bernstein
18. Best manicure - female: Lori Turoff
Best manicure - male: Tony Nappi
19. Best looking in lycra- female: Judy Meyer
Best looking in lycra - male: Mark Martinez
20. Chattiest on a ride: Fred Steinberg and Mike Di Cerbo
21. Chattiest about body parts (his and yours): Irv Weisman
22. Most laps in the park: Alan Geiger
23. Female rider who only gets better as she gets older: Marty Wolf
Male rider who only gets better as he gets older: Tim Andon

Isle of Majorca, Spain

The Mediterranean Cycling Paradise is now also in your reach just in time for your spring training/touring at affordable prices.

- * Spend a week or as long as you want riding in splendid weather, on lightly traveled, perfect roads. Choose from long flat or rolling stretches, to long climbs.
- * Join organized group rides four times weekly at a nominal charge, or discover the beautiful island on your own or with your own group.
- * Benefit from the infrastructure and services provided by the industry leader for cycling vacations on the Isle of Majorca, the "Swiss Bicycle Team Max Huerzeler".
- * Stay in a good middle-class hotel located on a long sandy beach; enjoy buffet style healthy meals for breakfast/dinner; and relax in the sauna, whirlpool and indoor pool.

At this time, two one-week periods will be offered: **3/27 to 4/3**, and **4/3 to 4/10**. The following prices are based on per person/per first week:

Week from	3/27 to 4/3	4/3 to 4/10
double/single occupancy	\$559/\$669	\$589/\$699
<u>any additional day</u>		
double/single occupancy	\$70/\$85	\$80/\$95
Apartments for two to four people are also available, at slightly		

lower prices.

The above prices include the following:

- * round-trip for you and your bicycle to/from hotel to Palma de Majorca airport
- * seven nights in a good middle-class hotel with buffet style breakfast and dinner
- * cycling related infrastructure (mechanic support, bicycle storage, etc.)
- * Majorca road map with suggested routes including distance / vertical meter climbing
- * headband or cycling cap, water bottle, and quality cycling jersey.

Whenever you travel to the Isle of Majorca, you will find perfect cycling weather: average daily high/low (in F) for February (64/49), March (70/53), April (73/56).

During the above-referenced periods, I will be there to personally attend to your needs, and to ensure that you will have a fabulous cycling experience.

If you have any questions, please feel free to call:
Hans-Josef (Hajo) Thiele at (914) 833 1456 (from 7 PM to 10 PM weekdays, all day weekends), or contact me by e-mail at:
hans-josef.thiele@db.com

Welcome a New Year and a New Challenge!

by GARY MCGRAIME V.P. RIDES

I look forward to the challenge of serving as V.P. Rides and the opportunity to initiate or support changes which will enhance club rides. It's amazing what our bike club offers thanks to the effort and input of our members.

The New York Cycle Club has developed a calendar of rides and events for ALL cyclists to enjoy. They include an A, B and C Training Series (SIGs) in the early spring, a Newcomers' Ride, All Class Rides, Classic Weekend Getaways, the "Escape From New York Century", special social events, and a Basic Bike Maintenance/Repair Clinic.

Club members receive a monthly NYCC Bulletin containing a ride schedule, upcoming events, the Biker Babes column, and bike-worthy news. We even have a web site (<http://www.nycc.org>) with a library of over one hundred rides for you to explore or even lead if you like.

Our General Meeting is on the second Tuesday of every month. Dinner is served, followed with a presentation by guest speakers, e.g. authors, racers, frame builders, bike advocacy groups, tourists, nutritionists, and fellow members.

We have added a handy perk for members who have access to email. An updated ride listing every week which includes addi-

tional rides, last minute changes or ride cancellations and hot Club news. Email Gene Vezzani to be included on the list (genev@pipeline.com).

Pretty impressive, huh?

So how can we improve our club rides? Here are a few ideas:

* PROVIDE BETTER RIDES

Establish a committee to educate ride leaders and members on safety and the basics of leading a club ride. This is a broad subject we will pursue in the next bulletin.

* OFFER MORE RIDES AND ACTIVITIES

Encourage member participation and reward ride leaders with specific gifts displaying our NYCC logo.

* PRACTICE LOOKING GOOD

Both cyclists AND motorists have a right to the road so be considerate and be predictable. Your good example will help promote cycling.

* INTER-CLUB PARTICIPATION

Support other clubs and bike advocacy groups

* OTHER SUGGESTIONS?

I'd like to hear your suggestions for providing better and more diverse rides. Please call or email me at:

Gary McGraime

Phone: (212) 877-4257

Email: garynycc@aol.com

WELCOME TO THE 1999 'B' TRAINING SERIES

We thought we'd start planning the Series early for '99, since the number of participants seems to double every year and we want to be ready.

As before, we'll ride Saturdays in March, April, and the beginning of May. It's a progressive series, designed for B Riders and B-rider wannaB's, who want to ride faster, better, and with a greater sense of adventure. We begin with a 45-mile ride, and graduate up to 100 miles.

Again, we'll be offering skills sessions preceding many rides and individual coaching during rides. We're also booking a few evening seminars to focus on health of body and bike.

This program is just as much for riders who've completed the Series once or twice as it is for those learning group riding skills for the first time. In general, we aim to offer the best riding experience to the most people we can. We've devised some new ways to do this, which we'll tell you more about as March approaches. Stay tuned.

Karin Fantus
Gary McGraime

EDITORS NOTE:

I would like to express my sincere thanks to everyone who helped me get my first bulletin out on time, but especially to Ben Goldberg, Keith Goldstein, and former bulletin editor Doug Riccardi.

I could not have done it without them.

Cadence Study Subjects Needed

Irv Weisman's studies challenge the value of cadences over 90 r.p.m. for almost every cyclist. He wants to collect more data to verify, or to challenge, his assertions. All classes of cyclists are needed, not just high-performance athletes.

Let Irv know if you are interested - he'd like to work with you. You'll be very surprised at what your own body will tell you.

Irv Weisman - (212) 567-9672.

NYCC Welcomes 21 New Members

Calcafni, Michael	Miller, Robert
Coven, Jonathan	Phipps, Lang
Danford, Natalie	Pierleoni, Paola
Haladey, Diana	Platina, Jana
Jacobs, Andres	Ramirez, Francisco
Janof, Jerome	Sander, Jannelore
Janof, Patricia	Scarich, Clinton
Katz, Roberta	Schleisner, Mark
Marder, Mike	Semidey, Gregory
Massaro Guy, Dawn	Spencer, John
Meyer, Jaymie	

Here it is - the annual NYCC Mileage chart!

	M	T	W	T	F	S	S	TOT
					1	2	3	1
	4	5	6	7	8	9	10	2
JAN	11	12	13	14	15	16	17	3
	18	19	20	21	22	23	24	4
	25	26	27	28	29	30	31	5
	1	2	3	4	5	6	7	6
FEB	8	9	10	11	12	13	14	7
	15	16	17	18	19	20	21	8
	22	23	24	25	26	27	28	9
	1	2	3	4	5	6	7	10
	8	9	10	11	12	13	14	11
MAR	15	16	17	18	19	20	21	12
	22	23	24	25	26	27	28	13
	29	30	31	1	2	3	4	14
	5	6	7	8	9	10	11	15
APR	12	13	14	15	16	17	18	16
	19	20	21	22	23	24	25	17
	26	27	28	29	30	1	2	18
	3	4	5	6	7	8	9	19
MAY	10	11	12	13	14	15	16	20
	17	18	19	20	21	22	23	21
	24	25	26	27	28	29	30	22
	31	1	2	3	4	5	6	23
	7	8	9	10	11	12	13	24
JUN	14	15	16	17	18	19	20	25
	21	22	23	24	25	26	27	26
	28	29	30					

	M	T	W	T	F	S	S	TOT
				1	2	3	4	27
	5	6	7	8	9	10	11	28
JUL	12	13	14	15	16	17	18	29
	19	20	21	22	23	24	25	30
	26	27	28	29	30	31	1	31
	2	3	4	5	6	7	8	32
	9	10	11	12	13	14	15	33
AUG	16	17	18	19	20	21	22	34
	23	24	25	26	27	28	29	35
	30	31	1	2	3	4	5	36
	6	7	8	9	10	11	12	37
SEP	13	14	15	16	17	18	19	38
	20	21	22	23	24	25	26	39
	27	28	29	30	1	2	3	40
	4	5	6	7	8	9	10	41
OCT	11	12	13	14	15	16	17	42
	18	19	20	21	22	23	24	43
	25	26	27	28	29	30	31	44
	1	2	3	4	5	6	7	45
	8	9	10	11	12	13	14	46
NOV	15	16	17	18	19	20	21	47
	22	23	24	25	26	27	28	48
	29	30	1	2	3	4	5	49
	6	7	8	9	10	11	12	50
DEC	13	14	15	16	17	18	19	51
	20	21	22	23	24	25	26	52
	27	28	29	30	31			53

Please read this before your first club ride:

NYCC RIDES are led by volunteer leaders who plan the route and maintain the listed speed (eg. B15 = B Style / 15 mph cruising speed - see charts). Our rides are described by pace and style because it's more fun when the group is of similar ability. We ride for fun, fitness, and food.

RIDE STYLE indicates the type of riding. See chart at right. **CRUISING SPEED** indicates the ride's speed on flat terrain. **AVERAGE RIDING SPEED** over rolling terrain is 3 mph less than cruising speed. This will vary plus or minus 1 mph, according to terrain. **OVERALL SPEED**, including all rest and food stops, is about 3 mph less than average riding speed.

SELF-TEST: Assess your personal cruising speed by riding 4 laps (24.08 miles) around Central Park at a comfortable pace and matching your time with the chart. **NOTE:** Riding fewer than 4 laps will give you a false assessment. (*The northern end of the park can be dangerous; ride with other cyclists.*)

YOUR FIRST NYCC RIDE: Be conservative. Choose a ride easier and shorter than you think you can ultimately handle. You won't enjoy struggling to keep up with a ride that's too fast for you, nor will the group enjoy waiting for you. It's a good idea to call the leader a day or so before the ride, and introduce yourself when signing up at the start.

BEFORE ANY RIDE: Check that your bike is in good riding condition: brakes and derailleurs working well, tires pumped to the pressure specified on the sidewall. Eat breakfast.

BRING: spare tube, tire levers, patch kit pump, water, snacks, money, medical ID, emergency phone numbers. We also suggest: lock, rail pass. Leaders may specify other items in their ride listings.

BIKE TRAINS: On Saturdays and Sundays, MetroNorth has scheduled specific trains to/from Grand Central Station to accommodate large groups of cyclists. Bike trains are indicated by a bicycle symbol on the MetroNorth timetable. Schedules change frequently. The following is the most current one available.

FROM GCT	TO/FROM	TO GCT
7:54 AM (HUDSON LINE)	POUGHKEEPSIE	4:12 PM
8:58 AM (HUDSON LINE)	POUGHKEEPSIE	5:12 PM
	POUGHKEEPSIE	6:12 PM
8:49 AM (HARLEM LINE)	BREWSTER NO.	4:08 PM
8:07 AM (NEW HAVEN LINE)	NEW HAVEN	3:57 PM

Bike passes are always required. There are no Bike Trains on holidays. Refer to roster for restrictions which apply at other times. If you are leading a ride and absolutely require a Bike Train at another time, you must call NYCC's MetroNorth liaison, Jeff Vogel at (718) 275-6978 well in advance to try to arrange another train for your ride. Bike passes are available at Window 27 at Grand Central or by calling (212) 499-4398 for an application.

RIDE STYLE	DESCRIPTION
A	Vigorous riding with advanced bike handling ability including cooperative paceline skills. Stops every 2 hours or so.
B	Moderate to brisk riding with more attention to scenery. Stops every hour or so.
C	Leisurely to moderate riding, sightseeing and destination oriented. Stops every half-hour or so.
ATB 1	Hilly to mountainous and single track riding. Mountain bikes only.
ATB 2	Rolling to hilly with some single track and trail riding. Mountain and hybrid bikes.
ATB 3	Flat to rolling, trails and road riding. Mountain and hybrid bikes.

CRUISING SPEED	CENTRAL PARK SELF TEST FOUR LAP TIME
22+ MPH	1:10 OR LESS
21	1:10 TO 1:13
20	1:13 TO 1:16
19	1:16 TO 1:20
18	1:20 TO 1:25
17	1:25 TO 1:30
16	1:30 TO 1:38
15	1:38 TO 1:48
14	1:48 TO 2:00
13	2:00 TO 2:14
12	2:14 TO 2:30
11	2:30 TO 2:50

MINUTES OF THE NEW YORK CYCLE CLUB BOARD MEETING OF TUESDAY, NOVEMBER 3, 1998

Present: Gene Vezzani, Dona Kahn, C.J. Obregon, Joel Englander, AnneGrossman, Ludwig Vogel, Gary McGraime, Tom Laskey and Bernie Brandell.

Absent: Ben Goldberg, Doug Riccardi and Charlie Katz.

The minutes of the meeting of October 6, 1998 were approved.

Joel discussed the upcoming program.

Dona reported that the club had 1408 members, an all-time high for this date. She also expressed concern that the membership application in the Bulletin might be misleading as to the membership dues for people joining the club after Labor Day. It was agreed that the matter should be clarified.

Anne reported on the "Chelsea Chowdown".

Gene advised the board that

vests had been ordered as a ride leader incentive. Tom, Gary and Bernie will meet to discuss other incentives.

Gary led a discussion of ride safety and ride leader standards. Bernie wondered why a coordinator would knowingly select an unsafe leader. Gary felt adopting standards would make it easier for ride coordinators. Gary will chair a committee to draft such standards with a goal of having them adopted by February.

With regard to the new jerseys, it was agreed to reimburse Richard Rosenthal up to \$500 for expenses. The board agreed to order 100 of the new jerseys, and to sell them for \$57 each plus \$3 for mailing.

The board considered the question of helmets and voted to require them on all club rides.

The meeting adjourned at 7:30 PM.

Respectfully submitted
Conrad J. Obregon

Re-Cycling

Two classifieds per member per year are free (up to 6 lines). Additional adds \$1.00 per 50-character line. Please send classified listings to the Bulletin Editor. **PC compatible disk or e-mail (preferred) is required.** Listings will run for one month unless otherwise specified.

FOR SALE:

Duegi winter road shoes. Men's size 8 1/2. Insulated, above-the-ankle height, Look adapter. Used one season, just don't fit my feet properly. Originally \$150, now \$75 or best offer.
Evan Marks 212-751-5683

Specialized MTB New \$649. Sell

\$299. Negotiable Excellent condition. Plus lots of other bike stuff. I can fax/e-mail complete list. James (516) 421-5826
synapsedj@juno.com

Maroon Specialized Stumpjumper (93 or 94 model), 16 1/2" frame, Deore LX components, excellent condition. No suspension.\$225. Call Jeanine. Weekday (212) 827-7345 or e-mail: hartnj@tdusa.com

Orion 52cm EL-OS
Beautiful custom Orion frame and fork, built in Queens, NY. Gorgeous red-orange paint by Fresh Frames. 52c-c, 54tt, straight fork with stainless steel crown, Chris King headset, and 10cm Profile stem. Must sell. One year old. Low miles. Never raced or crashed. \$525.00. Call 212-982-9461



Gear up for cooler weather with this stylish, comfortable jersey from designed by NYCC member Richard Rosenthal, manufactured by Louis GARNEAU SPORTS.

Our new club jerseys are available in 6 unisex sizes: XS, S, M, L, XL and XXL (refer to the chart below for size specifications). The new NYCC jerseys are made of Micro-Ex, which combines a smooth, wind resistant outside with a soft, fleecy inside that helps keeps you dry by wicking perspiration away. Jerseys feature a 15-inch invisible zipper and three rear pockets and cost only \$57 each plus \$3 shipping per jersey (Priority Mail).

COMPLETE the order form below, make out a check payable to the **NEW YORK CYCLE CLUB**, and mail to:
GENE VEZZANI
 35 West 64th St, Apt 9-H
 New York, NY 10023
 Delivery time: 4 to 6 weeks.

JERSEY SIZES:

SIZE	CHEST	WAIST	HIP
Extra Small	34	28	34
Small	36	30	36
Medium	38	32	38
Large	40	34	40
Extra Large	42	36	42
X-Extra Large	44	38	44

OFFICIAL ORDER FORM

QUANTITY	Size(s)	UNIT PRICE	SHIPPING	TOTAL COST
		\$57	\$3/EA.	\$60
		\$57	\$3/EA.	\$60

CHECK NUMBER: TOTAL DUE:

Please make checks payable to the **New York Cycle Club**.

NAME

ADDRESS

CITY

STATE

ZIP

DAYTIME PHONE

EVENING PHONE

DO NOT FILL IN BELOW

PAYMENT RECEIVED BY

DATE

JERSEY(S) RECEIVED BY

DATE



1999 RENEWAL / MEMBERSHIP APPLICATION / CHANGE OF ADDRESS

In consideration of being permitted to participate in any way in New York Cycle Club ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin: 1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately cease further participation in the Activity. 2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the action or inaction of others participating in the Activity, the condition in which the Activity takes place, or the NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES I incur as a result of my participation in the Activity. 3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Club, the LAB, their respective administrators, directors, agents and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND I FURTHER AGREE that if, despite the RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as the result of such claim. I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

☐ New ☐ Renew ☐ Change of Address Date _____ Check Amount _____

PLEASE PRINT OR USE ADDRESS LABEL. ZIP CODE IS REQUIRED. Mail this application with a check made payable to the:

New York Cycle Club, P.O. Box 20541, Columbus Circle Station, New York, NY 10023.

NAME: SIGNATURE: _____

NAME: SIGNATURE: _____

ADDRESS / APT _____

CITY STATE ZIP (REQUIRED) _____

DAY TEL NIGHT TEL E-MAIL _____

Check, if applicable: I do **not** want my ☐ Address ☐ Phone ☐ E-mail published in the NYCC semi-annual roster.

ANNUAL MEMBERSHIP: Jan. 1 - Dec. 31, 1999. Please check the appropriate ring:

☐ Individual — \$21

☐ Couple residing at the same address — \$27

Bio-Mechanics and Sports Medicine for Cyclists!

Come to the Meeting January 12

Dr. Rock Positano

&

Happy Friedman

will talk to us about bio-mechanics and sports medicine as it applies to cycling. Dr Positano works with pro teams like the Yankees, Giants, Jets, and Packers; even Steinbrenner returns his phone calls! Happy is a long time friend of the NYCC and a trainer and coach. They currently teach this course at Cooper Union to engineering students. We understand they put on a great show! Come welcome this dynamic duo and bring your questions!

NEW MEETING LOCATION!!!

Bar 54 - 1701 Broadway (54th & B'way)

\$15 gets you a buffet with a choice of chicken or vegetarian pastas, salad, bread and rolls, and coffee.

Cocktails at 6:00 - Dinner at 7:00 - Program at 8:00

Near the A&C train 50th Street stop, the 1&9 50th Street stop, the B,D&E 7th Ave. stop, and the N&R 49th Street stop.

|||||||
Chris Mailing
Arlene Brimer
2128 N SEDGWICK ST APT 11
CHICAGO IL 60614-4674



FIRST CLASS MAIL
DATED MATERIAL!

